

# Spoke



Labora, sontantiting Enrichment last Monday to watch York Lee Augmotive perfolyering Committee

Career Fair helps prepare students for life after college Fair will showcase more than 150 different employers

Thieves steal \$10,000 worth of equipment

### News Construction slows downtown buses

A Control of the Cont

Residence implements parking passes
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Pedal to the metal





SPOKE

News

### Toga-clad students fill Sanctuary and have hootenanny of a good time

SPOKE September 22 2005 -- Page 2 No police investigation into vandatiem



Lime green just the beginning of college's colour coding to make it easier for people to find they way around



### Page 4 — SPORE Suppositor 27, 2009 Students across Ontario fear a possible strike

Letters are welcome



## Drive to school inspires dance

Number Store Green



### News

### SPONE September 22, 2003 -- Page 5 Peer tutoring services are a 'win, win difference between a pass or a fair

Two cars

stolen at campus Police investigat

MACADER ANTTHING CAN EAPPER, ANTONE CAN WES

March 1970 (All Delta St. 1970) and the second seco





# Students head to Vegas conference



Asylvin Committee Novikash have less asked to stem the American Protect novikary County to great international continues thing held at Les technology CONTINUED LORY'S CORNERS, Public Speaking American

Do you do any of the following?

• First extreme arounty when thatteng shout doing a presentation
• First your plens reveal, your logs shallener, you're beast beast widthy before
gaving or other a spench
• Prof your broughts reveal your roand blanks before or diving a

Prind your thoughts race end your rand blenks before or during a presentation.
 Before your gring/multiourselessing/neares to be "sale" from heving to make a specify.
 Rout to makes or failure in a course by not doing a speech.

Directing creative excuses or directors (the field exist at the time) to evid dung presentations. Let other anyway group "comy" the presentation.
 Float "making a float of yourself" in free of heathers or peers.

Baltere everlyine is fairly zelm but see yourself as a "west".
 These are some signs you rary be exported one of the most correct, needed by the but of the most correct, needed by the public sponding already if and be overcome song a identify again modeling. If yearly sponding and aborting most of the public sponding most of the pub

If your opyrith work, your well being or your potential to perform as an are afficient, six tome to do severalising about a. Ramember, securitarios monaries intredyl.

The following (associates are available to you at the college.

1) Jon a Public Sposting Assets group, offered farings Student Services in
Window self-lession

2) Enrol in the Public Sposting option of the Assisty and Pleascont Performs

 Read the <u>Access and Project Workpool</u>, Boarns (smallable at the LRC on the shotl and on reserve). This approach must be supplemented with practice as freet of heads, family or dissessable.
 Blake an appointment with a counselfor in Student Services.

A Mezzege from Student Senoges Operating Ing a sin-

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Cooking up a storm!
Chel Michael Frederiche has 50 sette of segmenter and it.
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# Tony Lee took control of me

A first-person account of a night under hypnosis

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# Big turnout for ECE awards





# Come and Celebrate Oktoberfest



### \$1,002 donation put to good use LASA and police foundations programs to purchase equipment for students

MANCH has a service floridary by Christian Hold, Christian Hol

Friterence\*







Quanch your therst on Thursdays in the Southwood

Thursday might is your might to portyl When September 25 Where: The Sanchuary Time: Doors! cosn at 9.00am

Prizes every mobili

You'll never forgive yourself for missing Thursdays

The Scortuney

where student life is

WWW CONFSTOGAST COM STUDENTS

# CBC heats up with Chilly Beach



HEALTH CARE TIP





Follow Canada's Food Guide and number of calories in your diet. particularly those that are high in weigh yourself regularly and above all give youself a neg on the back for each poend that you lose.





# Spare cash?

Check out the CSI's Vendor's Marketplace





Sept. 23 - 25

Bring some cash and get some deals

Come visit such vendors as: Your Beer Gear, Goodlife.

Royal Bank, Telus, Rogers and many more!

The CSI brings the shopping to you!

Doors open at 9:00am

CONESTOGA STUDENTS INC.

# Sexual health highlighted on website



Last call for board members

CSI Director: Your name here CST Director: Your name here CST Director: Your name here CSI Director: Your name here CSI Director: Your name here

CSI Director: Your name here You could be one of the lucky four who has the privilege of helping the students of Constinan

Nominations due Sept. 30 by 5.00 ye

Do you have what it takes to give your time and energy to help other students on compus?

> Do you want to help change things for students of Conestoga?

If the onswer to all those questions is yes, then you should get involved with CSI

VOTE!

CSI elections are coming What are you doing? Where will you be?

WWW.CONESTOGASI.COM STUDENTS INC.

SARS cuts enrolment

Chronic pain is a serious r

Getting to know your engine
Course teaches students car maintenance





# Expand your mind

Spend a provocative evening with Steven Hager, Editor-in-Chief of High Times Magazine





CSI presents "Smart vs. Stupid Stoners" by Steven Hager on Sept. 29 in the Sanctuary

Tickets are \$10 in the CSI office

CONESTOGA STUDENTS INC.

Doors open at 7:00pm

Licensed event Wet-Dry policy in effect

# A look back at the Man in Black



### Returning to school after many years can pose unique challenges. The Virtual Mature Student Group

can help.



Virtual groups consist of the gathering of people, in an online space, where they come, they connect, and they communicate. It allows for interactions with other mature students who are dealing with the multiple commitments of school, family, and work.

How does it work?

The group meets online through a messageboard where ideas will be exchanged and discussed, and where members can receive support from others that are dealing with similar issues around school. family, and work commoments.

How do I join? Membership is open to full and part time mature returning to

learning adults enrolled at Conestoga College in certificate, diploma and degree programs. Simply contact Student Services (Doon Campus), Room 2804. 748-5220 ex 3360 to receive the looin instructions, or login through the College website www.conestogec.on-ca/stservisiservindex, locate the mature student messageboard icon, and follow the instructions.

> Knowing that you're not alone is a powerful concept.









Abov! There be pirates

dead ahead, me matie!

New bursary up for grabs Offer open exclusively to children of Conestogs College siumn About concerns observe a preference while stell to whose

residing abilitation where generated Concessions Plannastiants in the analysis of the control of Plannastiants in the analysis of Analysis of the Concession and Analysis of the Concession a

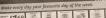
CALLING ALL GLBT STUDENTS

Then come out to meetings of GAY LESBIAN BISEXUAL TRANSGENDERED STUDENTS





















































# New coach brings experience to team





### Conestoga golf a team of six Coach surprised by number of players who fined out

MULTICULTURAL SUPPORT GROUP

Discuss usual related to being in a new causery?

Then this group which will run once a week beginning the week of

Please our up for the error in Student Services (Burn 2006)

Marin Thiseson, a second year

NFL fever strikes football fans again



Intramural sports up and running

# 2003 CAREER FAIR



Over 150 Employers in a single location

Where? RIM PARK VISIT CAREER

SERVICES, Room220. Student Client Services Building ~Employer Guideboo

~ Career Fair information - Bus schedule ~ Résumé/Cover Les assistance

WEDNESDAY, SEPTEMBER 24, 2002 10:00 a.m. to 3:30 p.m.

Visit Doon Campus - Career Services (Rm 220 SCSR) 

# Eating out tonight?

Make a smart choice. For healthy food choices, food safety and 100% smoke-free scating, choose an Eat Smart! restaurant. Contact the Waterloo Region Community Health Department at 883-2253 or visit www.eatsmart.web.net.







